

GRATITUDE CHALLENGE: PRINTABLE TEMPLATE PREVIEW

Cultivate calm, clarity, and
trust in your daily life.

7-DAY GRACE START

Section 1

- Day 1: Someone who encouraged you
- Day 2: A mistake that taught you something
- Day 3: A place where you feel calm
- Day 4: A skill you're proud of
- Day 5: Something you usually take for granted
- Day 6: A small detail you noticed today
- Day 7: A person who brings you joy

14-DAY WELLNESS DEEP DIVE

Section 2

- Day 8: A hard-won lesson you value
- Day 9: A dream that still feels possible
- Day 10: A quality you admire in yourself
- Day 11: A moment of simple peace
- Day 12: A gift that wasn't an object
- Day 13: A friend's kind act
- Day 14: A book that changed your perspective
- Day 15: A food that nourishes your body
- Day 16: A natural element you connect with
- Day 17: A strength you've developed
- Day 18: A music track that lifts you
- Day 19: A ritual that calms you
- Day 20: A compliment you received
- Day 21: A challenge you overcame

30-DAY HABIT ALIGNMENT

Section 3

- Day 22: A memory that makes you smile
- Day 23: A part of your daily routine you've started to cherish
- Day 24: A talent you're growing
- Day 25: A safe space you've created
- Day 26: A person you can truly be yourself with
- Day 27: A skill you'd love to learn
- Day 28: A scent that grounds you
- Day 29: A value you try to live by
- Day 30: A person you've shown kindness to
- AND MANY MORE PROMPTS (30 TOTAL)

GET FULL TEMPLATE AT [Website] | TAG #GRATITUDEGROWTH
START YOUR JOURNEY TODAY